

PTA

POHAKULOA TRAINING AREA

209th ASB increases proficiency

Story and photo by
SGT. RICHARD QUINN
209th Aviation Support Battalion Public Affairs
25th Combat Avn. Brigade, 25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — Soldiers from the 209th Aviation Support Battalion, 25th Combat Avn. Brigade, 25th Infantry Division, conducted a training rotation, here, recently, that focused on honing Soldiers' basic tasks and proficiencies while providing support to the CAB's air gunnery mission and increasing the battalion's readiness for the Contingency Response Force Task Force.

In addition, the 209th ASB conducted a convoy live-fire exercise, where it quickly recovered a vehicle and reacted to an improvised explosive device and direct fire.

"Bringing the Soldiers to PTA provides a great opportunity for

some excellent training with minimal distractions," said Capt. Scott Julich, commander, Company C, 209th ASB, 25th CAB. "My Soldiers completed their job efficiently and effectively cross-trained with each other during this rotation."

"As an added bonus, being away from home provided the Soldiers with an opportunity to really bond and get to know each other," Julich added.

The 209th ASB trained approximately 250 Soldiers during the rotation; Soldiers qualified on the M4 Carbine, M16 rifle, M249 light machine gun and M240B machine gun. They also had the opportunity to fire the M320 and M203 grenade launchers, and conducted downed aircraft recovery team training and forward aircraft refueling point operations.

"My first rotation at PTA provided me the opportunity to get hands-on, live-fire training with some of the various weapons that most Soldiers don't get the opportunity to train with," said Sgt. Austin Wiley, intelligence analyst, Headquarters Support Co., 209th ASB.

"The training was a great learning experience," added Pfc. Brandon Osif, aircraft structural repairer, Co. B, 209th ASB. "I look forward for another chance to get back out there."

Sgt. Austin Wiley, intelligence analyst, Headquarters Support Co., 209th ASB, 25th CAB, 25th ID, qualifies with an M240B machine gun at the M240/M249 range during a training rotation, recently, to support the 25th ID Contingency Response Force before assuming the Pacific CRF role, earlier this month. (Photo has been altered from its original form; background elements have been removed.)



Congress passes bill to get gov. back in business

JIM GARAMONE
American Forces Press Service

WASHINGTON — President Barack Obama signed legislation late Wednesday night bringing federal employees back to work after Congress finally resolved the budget logjam that led to a 16-day shut-down.

Senate leaders championed bipartisan legislation to reopen the government and remove the threat of government default on its debts.

All federal government employees, including some 4,000 Defense Department employees, reported to work Thursday.

The legislation is a continuing resolution that will provide federal government spending at fiscal year 2013 levels. This legislation keeps the sequester-level budget in effect.

The act will keep the government open through Jan. 15, 2014, and raises the debt limit through Feb. 7, 2014. The act contains a provision for a joint Senate-House committee to work on a budget recommendation for fiscal year 2014. Those recommendations are due Dec. 13.

The legislation includes the provision to pay all furloughed employees for the period of the lapse in appropriations. The act calls for those employees to be paid "as soon as practicable."

Even before the House of Representatives voted, Obama signaled his intent to sign the bill.

"We'll begin reopening our government immediately," he said in a White House appearance, "and we can begin to lift this cloud of uncertainty and unease from our businesses and from the American people."

Obama asked that all political officials take the lesson of the gridlock to heart and work together to solve the nation's problems.

"My hope and expectation is," Obama said, "everybody has learned that there is no reason why we can't work on the issues at hand, why we can't disagree between the parties while still being agreeable, and make sure that we're not inflicting harm on the American people when we do have disagreements."

"So, hopefully, that's a lesson that will be internalized, and not just by me, but also by Democrats and Republicans — not only the leaders, but also the rank-and-file," Obama said.

As he was leaving the Brady Press Room at the White House, a reporter asked the president if the shutdown might not be duplicated in January.

"No," the president said, and left.

Resource

Read Defense Secretary Chuck Hagel's comments at www.defense.gov/News/NewsArticle.aspx?ID=120964.

IMCOM welcomes new teammate in USAG-KA

Story and photo by
SHEILA GIDEON
U.S. Army-Kwajalein Atoll

KWAJALEIN ATOLL, Republic of the Marshall Islands — The U.S. Army Garrison-Kwajalein Atoll (USAG-KA) headquarters was officially transferred from U.S. Army Space and Missile Defense Command (SMDC) to Installation Management Command in a ceremony at the metro hangar, here, Oct. 2.

The ceremony marked the official establishment of Garrison Command Kwajalein Atoll as part of the IMCOM organization.

USAG-KA is now the Pacific region's 12th garrison and the second garrison in support of SMDC.

During the ceremony, the IMCOM colors were uncased by Debra Zedalis, regional director, IMCOM-Pacific; Col. Nestor Sadler, commander, USAG-KA; and Sgt. Maj. Roderick Prioleau, senior enlisted leader, USAG-KA, signifying the official transfer of all base operations from SMDC to IMCOM.

The uncasing ceremony serves two purposes. First, it allows the commander the opportunity to assess the readiness and discipline of the unit; second, it marks a definite point in time to commemorate the beginning or continuation of the unit's history and lineage.

Kwajalein officially became the Kwajalein Test Site in July 1964 under the U.S. Army Space and Strategic Defense Command (ARSTRAT). Command changed to SMDC in October 1997, and, in October 2002, IMCOM was stood up in an effort to standardize Army garrisons.

With the ceremony, earlier this month, IMCOM is now responsible for synchronizing, integrating and delivering installation services and sustaining facilities in support of senior commanders, in order to enable a ready and resilient Army, here.

"This is a special day for the Kwajalein fami-

ly," said Sadler, in his address to guests and distinguished visitors.

"Today truly marks a day of unity as Installation Management Command becomes an official partner of the Space and Missile Defense Command," Sadler added.

"The Kwaj family will no doubt continue to work as a team and continue to meet and exceed all expectations as we move forward together," Sadler concluded.

Next, Ronald Chronister, deputy to the commander, SMDC/ARSTRAT, thanked the

Kwajalein team for all its hard work, especially with the busy mission schedule over the past few months.

"What you all do here is phenomenal in terms of its criticality to the defense of the nation," Chronister said.

Finally, Zedalis addressed the guests. "To the entire Kwajalein community, I extend an official welcome to the Installation Management Command-Pacific region," Zedalis said. "It is an exciting day for everyone in the Pacific region and in IMCOM."

"I hope it is an exciting day for everyone here at Kwajalein, because you have now joined an installation management enterprise that spans the globe and contributes significantly to the U.S. Army," Zedalis added.

IMCOM-P is comprised of American and Korean Soldiers supporting U.S., Korean, Japanese and, now, Marshallese civilians and contractors in all garrisons.

The region supports more than 202,000 service members and their families, spanning an area of 15,000 nautical miles that make up the Pacific area.

"I tell our team we have the best jobs in the U.S. Army, because, daily, we get to positively impact the lives of our great Soldiers and families," Zedalis said. "To all the units represented here today, I wish to personally thank you for your support."

(Editor's note: This article has been edited for space. Read the full story at www.hawaiiarmyweekly.com)



Debra Zedalis (left), regional director, IMCOM-P; Sgt. Maj. Roderick Prioleau (center), senior enlisted leader, USAG-KA; and Col. Nestor Sadler, commander, USAG-KA, uncased the IMCOM flag signifying the transfer of headquarters from the SMDC to IMCOM.

(Photo has been altered from its original form; background elements have been removed.)

124th Medical Detachment (Optometry) deactivates, not forgotten

Story and photo by
STAFF SGT. NICOLE HOWELL
18th Medical Command
(Deployment Support) Public Affairs

WAIKIKI — The 124th Medical Detachment (Optometry), 18th Med. Command (Deployment Support), cased its guidon during a deactivation ceremony at Fort DeRussy, here, Oct. 7.

The unit deactivated due to ongoing force realignment occurring throughout the U.S. Army.

"Let me reassure everyone that, although the unit is deactivating, it is not forgotten," said Col. Bret Ackermann, commander, 18th MEDCOM (DS).

"The 124th's guidon is safely stowed until the United States Army Medical Department needs her services again,"

Ackermann assured.

"Then," Ackermann continued, "the 124th will once again activate, uncased her guidon and deploy to wherever needed to execute her mission to standard."

With fewer than 10 Soldiers authorized in this optometry unit, the 124th Med. Det. completed missions not just within the local Hawaii garrison area of responsibility, but all over the Pacific Rim, including providing optometry and medical support for Nepal, the Philippines, Cambodia, Laos, Vietnam, Indonesia and Thailand.

"We were able to export our professionalism to more than seven different countries within the Pacific area of operation," said Capt. John Stehulak, commander, 124th Med. Det.

"We have been on orders for three

different continents, simultaneously, and we successfully accomplished all of those missions," Stehulak added.

Over the unit's tenure, Stehulak said, Soldiers have provided routine and emergency care to thousands of patients of every age, race and gender, with proficiency no matter the level of difficulty of the mission assigned.

"Instead of focusing on why we couldn't do (a mission or assignment), we instead turned our efforts to how it could be done, and because of that, we were able to accomplish any mission assigned to us successfully," Stehulak said.

"Thank you for your service and your leadership on this island, throughout the Pacific Rim and in combat," Ackermann said. "Very well done, Pacific Knights."



Capt. John Stehulak (left), commander, 124th Med. Det. (Optometry), 18th MEDCOM (DS), presents his unit to Col. Bret Ackermann, commander, 18th MEDCOM (DS), for the last time during the unit's deactivation ceremony, Oct. 7.



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www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

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Army observes first Cyber Security Week

ARMY NEWS SERVICE
News Release

WASHINGTON — The Army observed an Information Assurance/Cyber Security Awareness Week, this week, as part of National Cyber Security Awareness Month.

As part of the week, commanders highlighted information assurance/cyber security awareness programs with their personnel, along with individuals’ roles and responsibilities in protecting the Army against cyber security threats.

In February 2013, the secretary of the Army directed all commanders, brigade-

level and above, to perform information assurance (known as IA) self-assessments and report their findings to their command.

Commands then reported the top three areas of weakness within their organizations to Army headquarters and developed training plans to address the weaknesses. These reports were completed in July.

The secretary also mandated an IA/Cyber Security Awareness Week during October 2013, when commanders would highlight their IA/cyber security awareness programs with their personnel.

After Feb. 1, 2014, commanders will assess their plans of action and milestones, then determine whether any adjustments are necessary to continually improve IA/cyber security awareness and security practices.

The Army’s Common Access Card-enabled IA one-stop shop provides training resources to include contingency planning, wireless/personal electronic



device security, information technology/IA training and incident handling and reporting.

In May, the Army published a handbook addressing cyber security challenges and practices to protect information and the Army network.

If their employees are on furlough, commanders have the discretion to postpone training until more employees return to work.

AUSA live-stream will allow viewer participation

C. TODD LOPEZ
Army News Service

WASHINGTON — The Army will live-stream nearly every discussion panel that occurs at the 2013 Association of the United States Army (AUSA) Meeting and Exposition, here, this year.

Remote viewers will also be able to interact with panelists via social media.

Many Soldiers will not be able to attend the Oct. 21-23 event in person, due to lack of budget and restrictions on travel. However, the educational and professional development panels will be available to them online, and they will even be able to ask questions.

“We look at the Army part of AUSA as a great opportunity for professional development,” said Maj. Alison Hamilton, Army Public Affairs.

“Live-streaming these forums will give Soldiers the opportunity to hear senior leader priorities, learn how they view changes in the force over the next 10 years and hear about important policy decisions and the Ready and Resilient Campaign,” Hamilton explained. “They



will also be able to ask questions, feel engaged and be more connected to decision-makers.”

This year’s AUSA will undoubtedly have an emphasis on declining budgets, but the symposium will also feature discussions related to military families, equipment modernization, the Ready and Resilient Campaign, energy security, regionally aligned forces, leader development, equipping the Army of the future and the security of North America.

Soldiers and family members will also be able to ask questions of the speakers at appropriate times through social media. Moderators on site at the convention will pass questions from remote viewers on to the speakers.

“If I’m in Fort Campbell, Ky., I’ll be able to say my name and submit my question to address questions to the panel or to a specific panel member,” said Hamilton.

The Army has live-streamed AUSA panels in the past, but last year, for instance, only the “family forums” allowed for interaction. This year, all panels will allow for virtual engagement, Hamilton said.

“Every year, the virtual audience increases,” Hamilton said. “Last year, the Institute of Land Warfare forums were not interactive. This year, we thought about how to make it better and encourage more to watch. We thought about giving them (the viewers) the ability to participate, feel connected and get important questions answered.”

Hamilton said every effort will be

AUSA online

Live-streaming of multiple panels of the 2013 Association of the United States Army Meeting and Exposition will be available at www.army.mil/professional.

made to answer as many questions as possible, but it will not be possible to answer them all.

Opening up all the panels for interaction is something that Hamilton said was requested by Soldiers and family members in the field.

“This is a cost-effective way to be able to reach a larger sort of total Army audience,” she said. “We’re trying to increase support to the Soldiers who can’t travel, so they still can benefit from professional development.”

Hamilton also said that multiple events will be live-streamed at the same time, and will also be recorded so that Soldiers will be able to go back at a later time to watch panels they missed.

BACKTObASICS

Why are leaders turning a blind eye on corrections?

COMMAND SGT. MAJ. ERIC PITKUS
25th Combat Aviation Brigade
25th Infantry Division

Standards and discipline are cornerstone principals of our Army culture.

I am increasingly alarmed at the degradation of personal conduct in today’s Army.

It appears that after more than a decade of continuous conflict in contingency operations that standards, discipline and military customs and courtesies in the Army have eroded in varying degrees. Perhaps it is due to a lack of teaching and enforcement. It may also be due to a lack of understanding on the part of Soldiers entering service in the post-9/11 era.

Regardless of the reason, it is time to take our Army back to its core values of individual and institutional standards and discipline.

Much of this burden must be shouldered by the Noncommissioned Officer Corps. It is the responsibility of the NCO, as the Army’s standard bearer, to return our noble institution to its pre-contingency operations level of personal and professional standards and conduct.

How many times have you witnessed Soldiers running for the door of a building, so they do not have to salute the flag during retreat or reveille? Or drivers failing to stop their car and get out to render a salute to the flag during retreat or reveille? A Soldier turning his head when he notices an officer approaching, so he does not have to salute? A Soldier failing to give the greeting of the day to a senior NCO?

All of these scenarios are contrary to our military customs and show a lack of individual discipline.

There are far too many instances in which our NCOs and leaders have turned a blind eye to Soldiers not doing the right thing. We all must take the time to make on-the-spot corrections for deficiencies, regardless of how busy we are.

When I approach Soldiers or NCOs who have failed to make an obvious on-the-spot correction, their excuse is often that they didn’t have time because of their other duties

or mission. I challenge all Soldiers that it is imperative for leaders in the Army, at all levels, to make the time to enforce standards.

If the Army’s current leaders don’t make the time to teach the future leaders of the Army what right looks like, who will?

We, as an Army institution, must get back to basics. The time for this action is now, and the enforcement tool should be the NCO. It is time that we, as an Army and as an NCO Corps, stop allowing Soldiers to not do the right thing and never be approached or corrected by a leader.

This issue is obviously not exclusively for the NCO to fix. We must also teach, train and empower our junior leaders and Soldiers to fix the issues they encounter. This practice can be achieved through NCO Professional Development and classes to our leaders and Soldiers. It may also be best taught by leading by



Pitkus

See B2B, A-4

First Steps in FAITH

Blended families can work

CHAPLAIN (MAJ.)
FLORIO PIERRE

45th Sustainment Brigade
8th Theater Sust. Command

Have you ever wondered whether stepfamilies can work?

“I had no idea that marriage in a blended family would be more difficult than my first marriage,” said one mother of two, who remarried and now is a stepmother of three.

“It’s so much more complex,” she said. “I wish that someone would have told me this before we married.”

In blended families, not only must the marriage succeed, but of equal importance, the new role of stepparenting must succeed.

A stepfamily is all about intentional action to provide a patient, loving and encouraging family setting to help each member in his or her new role.

In his article “The Blended Family Can Work,” author Gregory Popcak presents helpful questions, answers and ideas for blended families on ways to deal with the challenges of being a new stepparent.

According to Popcak, stepchildren are in great need of understanding how the new family will work, what the boundaries will be and how they “fit in.” They need to feel assured that their original parent and stepparent will be there for them.

Popcak suggests that stepparents take the initiative in developing a loving and caring rapport with their stepchildren through daily rituals

and activities. These rituals and activities need to be maximized in order to ensure that the stepparent bonds with the stepchildren.

For example, chores and meals can be done together, including preparation and cleanup. Family games, like Scrabble and puzzles, or other group activities (as opposed to video games that are more “solo” type activities), can help stepchildren in getting to know the new stepparent.

When the parent and new stepparent create close family times of listening and communication, the stepchild will begin to believe the new family is going to be safe.

For many of us, we see the role of stepparenting as a great example of our relationship with our heavenly father. He pulls us into his family and desires to spend time with us; he listens to us through prayer, reading his word and fellowshiping with his people.

God reminds us,

“See what great love the father has lavished on us, that we should be called children of God.”

1 John 3:1

In God’s great love, we are all members of his “blended family.”

Perhaps God is encouraging us in our blended families that we can use the same principles he uses, with his kindness, forgiveness, reaching out and unconditional love.



Pierre

Voices of Ohana

October is Energy Awareness Month.

“How do you conserve energy at home?”

Photos by 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division



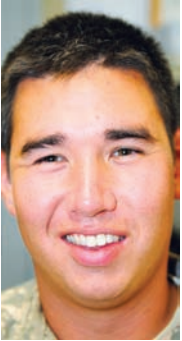
“I have solar panels on my house, an eco-mode on the AC unit and buy Energy Star products. Also, I turn off any unused lights or electronics.”

Paul Gabriel
Paramedic, Wheeler Fire Station, FFD



“I bought a PV panel system, turn off unused lights, (set the) eco-mode on the AC unit, and buy Energy Star products, when possible.”

Capt. Eric Rhode
Captain, Wheeler Fire Station, FFD



“I open the windows in the day, turn off unnecessary lights and use the AC at bedtime.”

Chief Warrant Officer 2 Jeremiah Russell
UH-60 MEDEVAC pilot, Co. C, 3-25th Avn. Regt., 25th CAB, 25th ID



“I unplug any appliances and pull out cords from the wall to not drain energy.”

Sgt. Anthony Simon
UH-60 crew chief, Co. C, 3-25th Avn. Regt., 25th CAB, 25th ID



“I bought energy-efficient curtains, solar panels and a solar water heater.”

Sgt. 1st Class John Webster
Platoon sergeant, Co. A, 3-25th Avn. Regt., 25th CAB, 25th ID

‘Sisters in Arms’ kicks off with flagship meeting

SGT. 1ST CLASS CRISTA MACK
U.S. Army-Pacific Public Affairs

ALIAMANU MILITARY RESERVATION — Nearly 200 women and 25 men attended the inaugural U.S. Army-Pacific Sisters in Arms meeting at the chapel, here, Oct. 10.

USARPAC Sisters in Arms is a new forum for women to strengthen peer-to-peer bonds, ingrain professional ethics, enhance professional and personal growth, and provide mentorship and guidance to one another.

“This command-supported program was designed and developed to mentor and to empower women Soldiers and (Department of the Army) civilians to empower females to become successful leaders,” said Col. Brenda Andrews, USARPAC personnel officer and executive steering committee member.

“Mentorship is not new to the Army at all, but what’s new to the concept of mentorship, here, is that we are going to formalize this program and make it a model for the Army,” Andrews added.

By pairing junior Soldiers or civilians with a successful senior leader, Sisters in Arms aims to foster an environment where women are comfortable discussing issues specific to them in an effort to strengthen all those serving in the command.

“This is about the professionalism of military women ... a place to come and share your insights, share you experiences, where it doesn’t matter what grade or rank you are,” said Gen. Vincent Brooks, commander, USARPAC, and guest speaker for the flagship event.

“You have experiences in this profession that matter,” Brooks continued. “It’s about women serving effectively in the profession

of arms.”

The program operates under the motto “Rooted in One — Branching to All,” which is inspired by its logo, the banyan tree.

“We chose the banyan tree as our official motto because it represents everything we want Sisters in Arms to be: enduring, expansive and long-lasting,” said Sgt. Maj. Kanessa Trent, sergeant major, USARPAC Public Affairs, and member of the executive steering committee.

“If you know anything about the banyan tree, you know that as it grows, it becomes rooted in the ground, surrounded by the original tree trunk, and while that original tree trunk can die and become hollowed out, what’s unique about it is the tree itself lives on, through those branches,” Trent explained. “This is the perfect metaphor for mentorship, growth and enduring success.”

The group also has embraced the theme “EMPOWERS,” which stands for the following:

- Engage** — Getting women out and into the community to make a difference.
 - Meet** — Networking and building professional relationships.
 - Perform** — Improving performance in the work environment.
 - Overcome** — Conquering adversities in ever-changing environments.
 - Wellness** — Instilling confidence in mental and physical health.
 - Educate** — Emphasizing the importance of continuing education.
 - Revive** — Having fun; inspiring and recognizing “everyday” women.
 - Sponsor** — Advocating for fellow women.
- While the program will address women-spe-



Gen. Vincent Brooks (standing), commander, USARPAC, speaks to a group of military and civilian personnel at the Sisters in Arms flagship meeting, Oct 10. (Photo by Sgt. Charlene Moler, U.S. Army-Pacific)



Traffic Alerts report closed roads, limited routes and construction detours from Army and state advisories received by press time.

For the complete list of traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

Unless otherwise noted, all phone numbers are 808 area code.

Today

AMR Closure — A partial road closure along Aliamanu Drive/Bougainville Drive/Skyview Place/Rim Loop on Aliamanu Military Reservation is Oct. 2-31. These areas will be restricted to temporary lane closures, approximately 10 minutes per activity.

During this time, traffic must yield to the directions of the flagmen. Signs and barriers will be in place for closing each side of the roadway.

Tripler’s Krukowski Road — A contractor will be installing duct lines and enlarging an existing manhole on Krukowski Road

and on its south side, Sept. 14-Nov. 8.

There may be a partial road closure near Buildings 104 and 102 for utility installation, 8:30 a.m.-2:30 p.m., daily.

One lane will be open for two-way traffic. Contact Dan Perron, Facilities Management Branch, TAMC, at 433-7091.

Fort Shafter’s Palm Circle — A contractor will be installing telecomm duct lines and a manhole on Palm Circle Drive, Oct. 7-Nov. 8. One lane will remain open between Hyland Lane and Doleman Street.

Entry onto Palm Circle Drive, from Morton Drive or Carter Drive, will be open to residents only for the duration of the scheduled construction period. Vehicular access to Palm Circle buildings affected by the road closure will be available from the back of these buildings.

Contact Gerald Young, U.S. Army Corps of Engineers, at 835-4229.

Wheeler Construction — There will be a road closure at Santos Dumont Avenue, between Lilienthal and Lauhala roads, to perform roadway repairs. Construction is Oct. 15-Nov. 15.

Traffic will be routed around Warhawk Field Road, Lilienthal Road and Wright Avenue.

Contact Gilbert Talavera, Public Works project management,

at 656-2480, or Tyler Miyamoto, Corps of Engineers project engineer, at 864-7014.

Schofield’s Lyman — There will be a full road closure of Lyman Road, between Hewitt and Maili streets, for utility installation, through Nov. 1. This closure includes a full intersection closure at Carpenter and Lyman.

This road closure is Phase 5a, with Phase 5b information to be published later.

Local access to the Stryker large vehicle/overflow lot will be provided from Maili Street as “local traffic only.” A walkway/jogging path will be maintained along Lyman Road, if possible, during this phase.

Please follow posted signage and stay on the marked path. The contractor will have appropriate signs and barriers for closing the roadway.

21 / Monday

TAMC Closure — Island Palm Communities’ contractor will begin demolishing existing housing units located in the Rainbow Village neighborhood of Tripler Army Medical Center, Oct. 21-Nov. 30. Following demolition, construction of new housing units and utility/road infrastructure will commence.

Jarrett White Road, north of Craig Road, will be closed. Additionally, Krukowski Road, north of Fisher House, will be closed.

Sisters: New forum ‘EMPOWERS’

CONTINUED FROM A-3

cific issues, men are invited to attend monthly meetings and educate themselves about what women in the Army are concerned about, focused on and dealing with.

“Commit yourself,” said Brooks. “You don’t have to be at every single event, but know that it exists for you. Take advantage of that. Come and impart some tribal wisdom; come and get some tribal wisdom. Do something today that makes you better tomorrow.

“Let others know about this — men and women, but especially the women around whom you work — that there is a

place to go where you can better learn about being a better professional and put into context what you are experiencing,” Brooks added. “Come to Sisters in Arms and get the word out.”

Resources

Sisters in Arms next meets at 11:30 a.m.-1 p.m., Nov. 12, at the Lt. Brostrom Community Center on Fort Shafter.

To find out more or get connected to the USARPAC program, visit the official Facebook page at <https://www.facebook.com/pages/US-Army-Pacific-Sisters-in-Arms>.

B2B: NCOs should set standards

CONTINUED FROM A-2

example as an NCO Corps.

If NCOs stop walking by infractions and take control of situations by correcting deficiencies, we will soon be on our way to a more professional Army. Focusing on both corrections and positive feedback for doing the right thing will educate future Army leaders of the expectations of their standards of conduct.

Today’s Army is different in many aspects than the Army that today’s senior leaders joined. We have many junior NCOs in our ranks who have more time in combat operations than they have in gar-

ri-son operations.

We, as the NCO Corps, owe it to these junior NCOs to teach them what operating in a garrison environment means. We can’t expect them to know what they’ve never experienced or been taught. NCOs need to teach, train and mentor Soldiers of all ranks to do the little things right, get back to basics and return our Army to the high state of discipline, readiness and professionalism it deserves.

When the little things are taken care of, the big things are far more manageable.

NCOs need to lead the way and realize positive changes in our organization. We owe nothing less to our nation.

NEWS Briefs



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Combined Federal Campaign — The Hawaii-Pacific

CFC is not suspended, though an American Forces Press Service release placed CFC on hold, Oct. 11. The suspension applies to the continental U.S., of which the Hawaii-Pacific area is not included, said Air Force Lt. Col. Andrew Cruz, Hawaii-Pacific CFC project officer.

Locally, units are using discretion to suspend or cancel FUNraising events and activities, like fun runs, bake sales and golf tournaments.

Also, due to financial difficulties caused by furloughs, Veterans Affairs payments and military death benefits, CFC

points of contact are proceeding with sensitivity.

The Hawaii-Pacific CFC runs Sept. 16-Oct. 31. Some agencies have received a Nov. 15 extension.

New DOD Virtual Curriculum — The Joint Knowledge Online (JKO) portal is DOD’s effort to put a redesigned Transition Assistance Program (TAP), now called TAP Goals, Planning and Success (GPS) into an environment where service members can access it whenever they need it, from anywhere in the world.

TAP GPS virtual curriculum is at <https://jkodirect.jten.mil>.

Transition preparation training is now in a military training platform. New TAP GPS curriculum offers 10 training modules for service members to attain required career readiness standards before they separate.

Soldiers should contact the ACAP Center at 655-1028. Other links are www.defense.gov/news/newsarticle.aspx?id=120922, www.acap.army.mil, www.garrison.hawaii.army.mil/acap/default.htm and <https://www.facebook.com/SchofieldBarracksACAP>.

22 / Tuesday

Electrical Outage at AMR — An electrical outage at Aliamanu Military Reservation is scheduled, 8:30 a.m.-6:30 p.m., to support work by Hawaiian Electric Company on its high-voltage distribution system.

Neighborhoods affected during the scheduled electrical power are AMA, Bougainville, Hibiscus, Makai View, Plumeria, Rim Loop, Sky View and Valley View. Some facilities, like Burger King and the shoppette, will be closed.

Back-up generators for walk-

in freezer and refrigerator units *only* shall be provided at the Child Development Center, gym and the shoppette. Call 656-3065.

26 / Saturday

National Take-Back Day — Turn in unwanted/unused/expired medication for safe, anonymous disposal on National Prescription Take-Back Day, 10 a.m.-2 p.m., inside the Schofield Barracks Main Exchange, near the flower shop, and other locations around Oahu. Call 541-1930 or visit www.dea.gov.



Lt. Col. Alberto Rodriguez (second from right), chief of future operations, 8th TSC, cuts into the ceremonial cake with Col. Gregory Boyd (second from left) and Command Sgt. Maj. Toese Tia (left), command team for the 45th Sust. Bde., 8th TSC, during a Hispanic Heritage celebration, Oct. 2.

45th SB honors Hispanic contributions to military

Story and photo by
SPC. ERIN SHERWOOD
45th Sustainment Brigade Public Affairs
8th Theater Sust. Command

FORT SHAFTER FLATS — More than 200 Soldiers throughout the 8th Theater Sustainment Command attended a Hispanic Heritage celebration, here, Oct. 2.

The event, which included a dance exhibition and food, was held as part of a monthlong effort to highlight the contributions made by Hispanic Soldiers throughout the history of the U.S. military.

“Our main goal is to promote awareness,” said Michelle Ward, equal opportunity adviser for the 45th Sust. Brigade, 8th TSC.

“If I walk around today and ask Soldiers to name three Hispanic countries, not many can do it. I would like to change that,” Ward said.

Many Soldiers with non-Hispanic roots also stopped by the observance to take part in the events and support their Hispanic American battle buddies.

“As Soldiers in the military, we all come from very different backgrounds,” said Staff Sgt. Janet Chavez, 8th TSC. “You live and work with your battle (buddies) closely every day, so it helps to

understand their culture. That could be one of your Soldiers or peers.”

Hispanic Americans are the largest minority in the U.S. and have a long history of service in the armed forces, having fought in every major war since the American Revolution.

They have also received the most medals of honor, from the beginning of the Civil War up through Operation Enduring Freedom.

“For Hispanic Americans, the armed forces have been a great place to seek, find and achieve success,” said Lt. Col. Alberto Rodriguez, chief of future operations with the 8th TSC, who gave an inspiring speech during the event.

Although other minorities face challenges of their own within the ranks, Hispanic Americans, in particular, often encounter language barriers when they enlist in the military.

“A lot of Hispanic Americans are offered jobs in the military where English is not a requirement,” said Ward. “I think it’s important we aren’t badgering or mistreating these Soldiers because of a communication difficulty.”

In closing, Rodriguez left the Soldiers of the 8th TSC with a simple, but strong, message.

“Hispanics are the strength of our Army, and our Army is the strength of our nation,” he said.

PAU HANA

“When work is finished.”

www.hawaiiarmyweekly.com

FRIDAY, October 18, 2013

Rx-Out

NAME: John Doe ADDRESS: _____ MEDICAL CENTER
Date: Oct. 26, 2013
CAUTION: Do not abuse! Side effects may include seizures, absence of family and/or friends, blood clots, decline in socialization, paranoia, obsessive thoughts and mood swings, eviction, job-loss, stroke and, in some cases, death.

Public urged to turn in unused prescriptions, Oct. 26

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — The Drug Enforcement Administration (DEA) has scheduled a National Prescription Drug Take-Back Day, 10 a.m.-2 p.m., Oct. 26, here, and at other locations on Oahu and around the state.

Officials said this occasion is a great opportunity for those who missed previous events or who have subsequently accumulated unwanted or unused prescription drugs to safely dispose of those medications.

“It should be everyone’s responsibility to dispose of unwanted, over-the-counter medication prescriptions properly,” said Brent Oto, instructor, Army Substance Abuse Program, here.

“Medications, if thrown away, may end up back in the community ... and in landfills, and these medications can end up in the environment or oceans,” Oto continued. “We constantly educate people (to) don’t just throw (meds) away, because it may end up in the

wrong place.”

According to the most recent National Survey on Drug Use and Health, rates of prescription drug abuse in the U.S. are on the rise, with twice as many Americans currently abusing prescription drugs than the number of those using cocaine, hallucinogens, inhalants and heroin combined.

What’s more, the survey revealed that a majority of people abusing prescription pain relievers (70 percent) obtained them through family and friends, including from the home medicine cabinet.

ASAP

The Army Substance Abuse Program is a comprehensive program that provides services to active duty service members, Army Reserve/National Guardsmen (while on active duty), family members and Department of Defense civilians.

Based out of Schofield Barracks, the multifaceted program is comprised of clinical and non-clinical functions, to include prevention

education, clinical counseling services suicide prevention and education, military and civilian drug testing, risk reduction, the Employee Assistance Program and Adolescent Substance Abuse Counseling Services.

For more information, including upcoming class schedules, a calendar of events and support resources, visit www.garrison.hawaii.army.mil/asap/default.htm.



been removed from circulation since the take-back initiative began three years ago.

“By these national campaigns that are conducted every six months, we have seen a rise in turn-in and pounds being disposed of every year,” said Oto, noting that 2,150 pounds of unwanted medications was turned in, locally, during the April collection.

“The military communities brought in 441 pounds combined — that’s about 20 percent of the state total — and the Army took the lead on the most turn-ins with 211 pounds. This October, we hope to do the same,” Oto said.

A large part of the take-back’s success, said Oto, are the 4,312 state, local and tribal law-enforcement agencies that partner with DEA nationwide, including all branches of military service, as well as local substance abuse programs.

Among those involved in Hawaii are the state Narcotics Enforcement Division, Army Department of Defense Police, Schofield Barracks and Fort Shafter Provost Marshal offices, and Tripler and Schofield pharmacies.

“The public is getting aware and keeping the community safe from these medications by keeping them out of the reach of the youth, environment and off the streets,” said Oto. “The more we market and advertise to the military, families and community, we will get more results.”

RX Drop-off Locations

National Prescription Drug Take-Back Day is scheduled 10 a.m.-2 p.m., Oct. 26, at various sites on Oahu.

Bring all unwanted, unused or expired medications in a sealed plastic bag for safe, anonymous disposal to any of these locations:

- Schofield Barracks PX, main lobby, near flower shop;
- Navy Exchange, main lobby;
- Marine Corps Exchange, in front;
- Kapolei Police Station, parking lot;
- Town Center of Mililani, north end of mall;
- Kaneohe Bay Shopping Center, middle of mall;

- Kahala Mall, inside; or the
- Hawaii State Capitol, Beretania Street drive-through.

The service also is offered at the following neighbor island locations:

- Big Island of Hawaii’s Army Aviation Support Facility (adjacent to Civil Air Patrol), or the Hawaii Police Department Kona Police Station (parking lot);
- Maui County Police Department (parking lot); or
- Kauai Police Department (parking lot).

Only solid medicines may be turned in; no liquids, injectables or needles will be accepted.

For more information, call 541-1930 or visit www.dea.gov.

“We know that young people consider controlled-substance prescription drugs, like Vicodin, to be a safer way to get high, but they couldn’t be more wrong,” said Michele Leonhart, administrator, DEA, in a news release.

“Everything we do is geared toward protecting American families and communities,” Leonhart continued. “By removing unwanted prescription drugs from their homes, the public helps prevent experimentation, addiction, overdose and even death.”

The last National Prescription Drug Take-Back Day, held April 27, saw citizens turn in a record-breaking 742,497 pounds (or 371 tons) of unwanted or expired medications for proper disposal at the 5,829 take-back sites available in all 50 states and U.S. territories — a 50 percent increase over the previous event in September 2012.

To date, more than 2.8 million pounds (1,409 tons) of prescription medications have

Halloween Happenings

Halloween-related activities around Oahu include the following:

Today

Nightmare at Dole Plantation — Three Halloween attractions run, here, through October:

- “13” haunted house, 10 a.m.-3 p.m., daily;
- “Nightmare Express” train ride, 7-11 p.m., Fridays and Saturdays; and
- “Trail of Terror,” a frightening maze experience, 7-11 p.m., Fridays and Saturdays. Visit www.dole-plantation.com



for prices and discounts.

Hawaii Zombie Crawl III — A pub crawl through Chinatown, begins 5 p.m., at The Fix with special make-up artists. Also includes scavenger hunt and Instagram photo contest. For 21 and older, costs \$15. Visit www.hawaiizombiecrawl.com.

19 ○ Saturday

Ghost Tours — Historian Steven Fredrick hosts his “Walk with the Dead” ghost tour throughout October, beginning Oct. 5. The

four-hour walking tour covers 2 miles and visits haunted sites related to the dark side of historic Honolulu.

Tours begin at 6:30 p.m., 19-20 and 26-31. Cost is \$30 with military ID, \$40 for general public. Reservations are required. Call 395-0674 or email filmguy54@hotmail.com.

26 ○ Saturday

Halloween Fall Festival and Food Drive — Wahiawa town hosts this family event, 10:30 a.m.-



1:30 p.m., at the Wahiawa Shopping Center and Wahiawa Town Center.

Includes mini-pumpkin decorating, a magic show at 11:30 a.m. and a costume contest. Call 221-2774.

Halloween Spooktacular — Mililani Town Center hosts this family Halloween event with a keiki costume contest, games and giveaways, 11 a.m.-2 p.m. Visit goo.gl/IGFAUV.

Bellows BooFest — Family

event at Bellows Air Force Station begins with a costume contest at 5 p.m., followed by trick or treating, a haunted house, games and movies on the lanai. Open to authorized military, DOD and family members. Call 259-4136 or visit www.bellowsafs.com.

31 ○ Thursday

Halloween — Authorized Halloween Trick or Treat hours for Army Hawaii housing areas will be 6-9 p.m., Oct. 31. Keiki under the age of 10 will require an adult escort. The Directorate of Emergency Services will provide increased presence in the community.

Hale Kula’s Cramer named district teacher of year

Story and photo by
JAN IWASE
Hale Kula Elementary School

SCHOFIELD BARRACKS — Fifth-grade teacher Teresa Cramer was recently named the 2014 Central District Teacher of the Year.

Cramer has been a special education teacher at Hale Kula for the past nine years, and she co-teaches in two different classrooms.

She works closely with all students in the classroom to ensure that they can achieve success academically, socially and emotionally.

The State Teacher of the Year will be announced Oct. 25 during a ceremony at Washington Place. At that time, Cramer will be competing against other district teachers of the year from around the state.

A few years ago, Cramer and her co-teaching partner started an organic gardening project that has grown to focus on environmental stewardship. Campus visitors will notice the Hope Garden, which teaches students about sustainability and integrates different content area subjects through this project.

Students measure out the plots and determine area plantings; they learn the scientific process through different experiments, which they research. Art, social studies, language arts and technology are all included.

For many students, the Hope Garden is their

reason to come to school, and there is no shortage of volunteers when Cramer asks for assistance after school, on weekends or during school breaks.

Students are also raising sea urchins in a classroom aquarium; these urchins are later released to combat invasive algae that are destroying Hawaii’s reefs.

Students learn to be important contributors to the community through the Hope Garden. They have voted to use their profits from the sale of vegetables, herbs and flowers to the homeless or to victims of disasters.

Students also lead tours for the community or teach others how to make mini worm bins as part of U.S. Army Garrison-Hawaii’s Earth Day activities. Cramer trains the students to be effective communicators, and even shy students gain confidence through participation.

Cramer has been an important member of the Hale Kula community. She has served on the leadership team, as a teacher representative on the school community council, as a focus group co-chairperson for accreditation and as the Garden Club advisor. More importantly, she is an advocate for her students and is committed to finding ways to engage them in their learning and to motivate them to do their best.

(Editor’s note: Iwase is the principal at Hale Kula Elementary School.)



Hale Kula Elementary School fifth-grade teacher Teresa Cramer (right) works in the on-campus organic garden with students, recently.

Many actions can help deter youth violence in communities

JUDITH WOODWARD
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — Violence among young people is one of the most visible forms of violence in our society.

If you turn on the news or open a news article, daily examples of gang violence, violence in schools or reports of bullying are available.

When you hear about youth violence, you may think to yourself, “Violence could never happen to me. No one would ever hurt my brother or sister, my friend or child.” Surprisingly, youth violence affects not only the victims, but also impacts families, friends and members of the entire community.

Youth violence can include many behaviors. Some violent behaviors may cause emotional harm, such as name-calling, hitting, sexual harassment, slapping, bullying or cyber bullying (comments made over social media like Web pages, email, Facebook or Twitter). Other violent behaviors may cause more physical harm, such as fighting or physical/sexual assault (with or without weapons) and can lead to serious injury or even death.

The ultimate goal is to stop the violence be-



fore it begins. Maybe you think there is nothing you can do that will help youth who are involved in violence, but many simple things can focus on making the community a safe place.

Promote respect. Talk to a friend or family member about the impact of bullying. Reach out to someone who may be unreachable. You can do this at school, after work or even at the grocery store.

Manage anger. Plan ahead for ways to

cool down when you get angry. Go for a walk or a bicycle ride to positively release anger and stress.

Resolve disagreements peacefully. Identify conflicts in your life or history that were resolved peacefully. Think of various ways that you can become a good listener.

Support safety. Think ahead about a plan if you or someone you know becomes involved in a violent act. How should you respond, where will you go, who will you tell?

Avoid risky behaviors. Avoid things like being in an unsafe place late at night or playing with any type of weapon. Avoid gangs and questionable individuals. Be part of a community watch program.

Unite in action. Take part in an Adopt-a-Child or Big Brother/Big Sister type program, where positive mentors are paired with

younger people.

Organize a community service project. Consider ideas that bring people together to make a large impact on a school or community, such as painting a playground or cleaning up a park.

Whether you are a youth, work closely with youth or simply live in a community with youth, working together as a community is the best way to address any challenge. By taking a few simple steps, your actions can deter youth violence every day of the year.

Resource
Get more details about “Students Against Violence Everywhere” at stopbullying.gov.

Congress can learn much from spouses

In theory, marriage should be the perfect balance of power between two parties, right?

In reality, marriage is often an adversarial system requiring the two parties to negotiate resolutions to conflicts.

Sound familiar? All the talk of deadlock in Washington these days had me wondering if the politicians might learn a few things from how typical husbands and wives manage to make decisions on everything from buying a new couch to whose mother is coming for Thanksgiving.

When I met my military husband, he was a bit of a dark horse candidate. He came from out of nowhere, in a time in my life that I wasn't looking for a running mate. But much to my surprise, we had one of those goofy "love at first sight" kind of meetings, and after a brief courtship, we tied the knot and I became a military spouse.

We've spent the last 20 years getting to know each other.

Thankfully, we found out that we have very similar platforms on big-ticket items, such as politics, morality, NFL teams and whether John Candy movies are the best (they are, in case you didn't know).

Certainly, there are some conflicts without an absolute majority opinion, whether it's Chinese or pizza, comedy or suspense, lights



THE MEAT & POTATOES OF LIFE



LISA SMITH MOLINARI
Contributing Writer

on or lights off. Sometimes, a married couple has to hold a special session before they can come to an accord that each party can live with.

It certainly isn't easy. There's often lengthy debate and sometimes filibuster, which, by the way, husbands completely tune out while their minds wander to things like cars, women's body parts and peanuts.

When bargaining on whether to stay home and watch football on Sunday or to go apple picking with the family, the wife might try to negotiate a continuing resolution requiring the husband to give her a foot rub on the couch during the game. While standing in front of the Red Box on Friday night, the husband might try to logroll the swing voters, aka the kids, to vote for "Leprechaun: Back 2 Tha Hood" instead of "The Notebook."

Both will make shameless attempts to propagandize the family, promising pork barrel spending on sugared cereals, brand name clothing and expensive electronics to garner support for their agendas. There's muckraking and mudslinging, dissent and demagoguery, tyranny and totalitarianism.

But in the end, even if it takes cloture, husbands and wives do something that our government just can't seem to do these days: They compromise.

Wives give in on golf outings as long as husbands help with dishes. Husbands give in on mani-pedis, as long as wives make meatballs. Whatever the terms of compromise, most married couples do what they need to do to keep their system of government running smoothly, just like my husband and I have done for the last 20 years.

That being said, I must confess, there is one thing in our marriage that my husband and I have yet to agree upon. You see, my husband insists that the toilet paper roll must be placed such that the edge of the paper hangs on the side of the roll closest to the wall; whereas, I firmly believe that toilet paper rolls are meant to hang so that the edge of the paper hangs on the side of the roll away from the wall.

This is our Cold War, our Berlin Wall, our 38th Parallel.

I fear we will never achieve détente, because getting my husband and I to compromise on toilet paper roll placement would take an act of Congress, and that's something we know isn't going to happen any time soon.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, "The Meat and Potatoes of Life," which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)



CONTINUED FROM B-2

football kick off is at 6 p.m. at Aloha Stadium featuring the University of Hawaii Warriors. Active duty military, DOD civilians and retired military eligible for 50 percent discount on select adult tickets (eight maximum) to all UH home sporting events.

Valid ID required when purchasing tickets. Visit www.hawaiiathletics.com.

November 7 / Thursday

Hawaiian Culture — IPC offers Hawaiian culture classes and activities, 4 p.m., every first Thursday of the month at Kaena Community Center, 5485 Gallup St., SB. Free to IPC residents. Call 275-3159 or email events@ipchawaii.com.

11 / Monday

Veterans Day Train Rides — Round trip from Ewa to Kahe Point leaves approximately 9:30 a.m., and lasts 90 minutes. Seats range from \$8-\$12. Visit www.4ewa.org.

12 / Tuesday

North SIM— The North Spouse Information Meeting is 10-11 a.m., Nov. 12 at the SB Nehelani.



Help is available for people suffering from depression. (Courtesy photo)

Courage often needed to seek care for depression

JOINT FORCE HEADQUARTERS
News Release

October is National Depression Awareness Month.

In observance of this month, the Army will join several organizations across America in recognition of National Depression Screening Day to inform the public about the signs and symptoms of depression.

The public will also learn the importance of seeking treatment and will be provided information about the availability of anonymous behavioral health screenings.

The Army theme for 2013 is “The Courage to Seek Help.”

According to the Centers for Disease Control, one in 10 U.S. adults report depression. Symptoms of depression may include persistent sadness, difficulty concentrating, hopelessness, fatigue, changes in appetite, insomnia, irritability and, in some instances, thoughts of suicide.

While most people experience sadness at times in their lives, it is time to seek help when these feelings persist and begin to interfere with everyday life. Continued sadness may signal clinical depression, a serious medical condition, if untreated, may lead to other medical conditions.

Depression screening, as the first step towards getting well, helps to make people aware of key warning signs. Statistically, however, two-thirds of people suffering from de-

pression fail to seek care.

Clinical depression can be treated. Anonymous screening resources are available through the departments of Defense and Veterans Affairs, behavioral health and the local community. Treatments may include therapy, medications or a combination of both.

Enhanced Behavioral Health Screening is mandated across the Army. The Army conducts screening at five recognized touch points, exceeding the National Defense Authorization Act requirements, throughout the deployment cycle, to include an in-theater touch point and periodic annual screening.

Even the most severe cases of depression are treatable. It is most effective to start the treatment early as this helps to prevent the likelihood of recurrence of depression.

The Army’s goal is to eliminate the stigma associated with seeking help for depression. It takes courage to seek help.

Resources

If you have a medical emergency, please call 911 or contact your local hospital right away.

- If you are feeling distressed or hopeless, thinking about death or wanting to die, or, if you are concerned about someone who may be suicidal, call a number below:
- Military OneSource* at 1-800-342-9647,
 - Suicide Prevention Lifeline* at 1-800-273-TALK (8255), and/or
 - Wounded Soldier and Family Hotline* at 1-800-984-8523.

